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EDITORIAL

Poverty in Relation to Health and Disease

"INDIA is a land flowing with milk and honey" may seem to be the description of the land in mythological or pre-historic age and consequently may be dismissed as of little or no significance but none can doubt or deny "the wealth of Ormuz and of Ind or where the gorgeous East with richest hands showers on her kings barbaric pearl and gold", so graphically described by Milton nearly four centuries ago in his "*Paradise Lost*". To-day, India is referred to as a proverbially poor country, by historians and politicians, by economists and statesmen, in fact, by every shade of public opinion and thought in this country

A beggar in Mysore said to be suffering from a strange skin disease. Can it be povert -disease ?

and elsewhere. The poverty of India has also been statistically demonstrated and this country occupies the lowest rung in the ladder of civilization in so far as her income per capita is concerned and the highest, in mortality and morbidity. We need not discuss here the causes of the growing poverty and the economic ruination of our land, for they are too patent. Suffice it to say that frequent wars, invasions, famines and pestilences—not to mention political and economic subjugation—have contributed not a little to this poverty. The population of India has increased during the past 50 years to an alarming extent as is evidenced by the following figures and statement recorded by the Census Commissioner of India in his report on 1931 Census :

Period.	Percentage of Increase.
1881—1891	... 9.6
1891—1901	... 1.4
1901—1911	... 6.4
1911—1921	... 1.2
1921—1931	... 10.6

"The largest growth took place between 1921 and 1931. In the period 1891—1901 and 1911—1921 the rates of growth were very small. During the former, a severe famine affecting large tracts of India occurred between 1899 and 1901 and must have been a contributory factor as was the outbreak of plague in the latter half of the decennium. As regards 1911—1921, the low rate of increase is to be attributed to the pandemic of influenza which probably destroyed about 14 million persons in 1918 and 1919". According to the Census Commissioner, the normal percentage increase in India may be taken as about 10% and whether it will be more or less, the coming Census will certainly reveal.

Various suggestions have been put forward to abate the steadily growing population or in other words, the poverty of India, of which birth-control is one. On this point, we would like to quote in extenso what LORD HORDER said in his presidential address to the conference on birth-control in Asia held about seven years ago, as it is a direct and unequivocal answer to the question, 'will birth control solve India's poverty and her social problems?' He said, "The subject of birth-control had got beyond the stage of controversy and it would almost seem as if the birth control movement were capable of solving all India's problems. It is to reduce the birth rate and death rate, it is to cure poverty, relieve pressure on the land, reduce over population and prove 'the master-key to social and economic Swaraj' and even political Swaraj. From the platform of women's meetings, we hear similar statements when it is declared, with more justification, that birth control will release women from drudgery, produce healthy children, promote married happiness and leave women free to serve their country.

The objects of birth control are roughly two and which of these two seems the more important depends on the point of view of the individual interested in the subject. Birth control as a means of population control is what appeals to some people, birth control as a personal matter, to others. In the former case those who wish to see birth control popularised in India argue that India cannot support its present population much less a population which is increasing at the rate which India has shown during the last few decades. It is also claimed that bringing down the birth rate will lower the death rate. Both these statements are highly controversial and have not been proved one way or another, perhaps are not susceptible of proof at present. At any rate, they need much

more thought and study than are given to them by those who rush into print or speak glibly from platforms. They are bound up with economic, social and even biological problems as well as political ones which are at present far from solution, whatever our opinion on the population questions are. Therefore, it behoves us to be cautious in making any sweeping statements. For various reasons, some of which appear below, birth control as an effective method of population reduction is not likely to be operative for many years to come. Are other means of ameliorating the poverty and economic degradation of India to be left in abeyance in the meantime ? The answer will be a vociferous No, but in actual fact, it often seems as if it were so."

The solution of the poverty problems of India is closely wound up with the solution of her political and economic problems and birth control can never be the remedy. Political and economic Swaraj alone, as LORD HORDER opined, is the sure cure for India's poverty.

Let us now discuss the relation of poverty to health and disease. Economic condition is believed to exert a marked effect upon public Health. Another statement, which has been prominently made in recent years, is that as the family income increases, the infant mortality rate decreases the inference is that poverty is the cause of infant mortality. "It is very doubtful indeed" says LUCKETT and GRAY in their book, 'Public Health Administration,' "if poverty is itself the fundamental cause of excess sickness or mortality. For example, English statistical experience has shown that the group of agricultural labourers, which is about their lowest paid class, is apparently one of the healthiest groups in the nation. Statistical investigations of family groups have shown a striking relation between longevity in parents and a low infant mortality rate in their children, this relation holding true even under conditions of extreme poverty and hardship. Therefore, it is not safe to make too positive a statement in regard to economic condition and public health. The two seem to have some relation but a direct relation of cause and effect is not proven. Economic condition is probably of indirect influence, in that poverty may compel people to live under distinctly unfavourable environmental conditions".

Healthy environmental conditions may be classified under four heads: (1) Good housing; (2) fresh air; (3) pure water and (4) nutritious food. We reserve consideration of these points for the next issue, for want of space.

(To be continued.)

On Birth Control

"This dysgenic birth rate, encouraged of course by taxation gives serious concern to all students of eugenics. Merely to subjugate another nation is worse than useless, because the conquered people being driven to a lower standard of living will probably multiply faster than their conquerors. The supposed duty of multiplication and the alleged right to expand are among the chief causes of modern war and I repeat that if they justify war, it must be a war of extermination, since mere conquest does nothing to solve the problem "—*Dean Inge.*

INFLUENCE OF ENVIRONMENT ON HEALTH

BY

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MAN lives in this world in constant association with certain things and his health depends upon the influence exerted by them. The influence is not only upon the body but also upon the mind of the individual. The subject is a very broad one but is at the same time very interesting. The principal objects of encompassing are the air, water, soil, food and accommodation but the special objects are more intricate and they relate to the individual's mode of living and heredity. If the environments are congenial, both the body and the mind grow normally and remain healthy. On the contrary, bad environments not only produce diseases in the body but are also detrimental to the higher functions of the mind. The influence of environments again may be personal, social or national. The important environments with their influences on the health of an individual are briefly considered below.

A Sanitary well in Hathipur, U. P.

Air.—Without air we cannot live even for a short time. It supplies oxygen to our body and carries away carbon dioxide (CO_2) from our body. The air is generally stated as pure when it contains the usual amount of oxygen and is free from dust and pathogenic bacteria. For our health we want pure air. Impure air may carry various diseases. Nature is always purifying this great element required by us by sunlight, rain and by the vegetable kingdom. We also must see that our surrounding air is as pure as possible. Impure air influences also the mind by making it inapt to mental work.

Water.—Water is equally essential

to life. Sources of water are vast both on the surface of the earth as well as inside it. It is needed by the body in various ways. There are also varieties of water.—sea water, river water, spring water, rain water, muddy water, sparkling water, aerated water, insipid water, boiled water, distilled water, etc. Softness and hardness are the two chief qualities for drinking purposes, soft or a little hard water is suitable but whatever the variety, the water must be pure in nature. Polluted water causes various sorts of diseases. Whenever there is any suspicion of its purity, boiling is the best course before it is used for the purpose of drinking.

Soil.—We live on soil and the health is influenced by the nature of the soil. Dry porous soil is the best, damp soil is the worst. The soil is often polluted by us but like air, nature purifies it constantly and this is done by myriads of microbes found mostly within a foot or two of the surface of the ground. These micro-organisms are thus beneficial to health while the soil may harbour specific germs of various diseases and no article contaminated with soil should be used by any person. The epidemiology of certain diseases depends upon the condition of the soil. The summer diarrhœa, cholera, typhoid, malaria etc. are examples.

Food.—We require food to live and to be nourished. There are six proximate principles of food,—protein, fat, carbohydrate, salt, vitamin and water and one must take all of these in proper quantity and proportion. Neither sufficient quantity of one of these constituents will nourish the body, nor any deficiency will serve the purpose. Food should be genuine and must not be contaminated with any pathogenic bacteria.

Accommodation.—We live in houses and their construction must be done on some methodical plan. The soil, the ventilation, the water supply, the drainage, the disposal of refuses, the situation, the surroundings and above all the proportion of the rooms and the different parts of the building must be taken into consideration before the house is built.

Society.—The social and national environments also influence our health to a very great extent. An individual is a unit of society and society in its turn is a unit of the nation. Individuals comprising the society have to conform to its rules and mandate. The financial position of the individual tells greatly upon his health in his attempts to keep pace with society. The worry and anxiety of modern civilisation and the struggle for existence are factors of pre-eminent importance in relation to the health of the people. The competition, the fashion, the association, the religious belief and the custom of the society in which a man lives and works are the environments which form the psychic principle of the persons of that society.

Preventable Diseases.—The principal environments are either of good or bad nature and the specific pathogenic organisms thrive well in bad surroundings and propagate diseases. The world is full of myriads of intermediate hosts of these organisms. These are also found free in air, water, soil and food and even inside the human system, seeking opportunity to destroy human life. Of all these foes, some are known to human beings, some are still unknown, some are visible but most are invisible, some can be detected with the help of a microscope but there are many which have not been detected as yet by any scientific instrument, and in fact these micro-organisms form a separate world, as if set apart for use as armies for Death. The human body resists their invasion constantly and goes on living and

growing, but time comes when the anti-power becomes overwhelming with the result of the annihilation of the valuable life which we care so much for. These foes are kept aback by good environments and the resisting power of the body and thus the best weapon against them is good health.

Generally, every one should try to live in good environments. From the cradle to dath a person is surrounded with various sorts of objects and his health depends upon the beneficent effect of all of them. He is also responsible to a certain extent for the good or bad state of his surroundings and the effect of this influence not only upon the body but also upon the mind as well as the heredity of a person; and thus the society as well as the nation depend on the individuals they are made of and the care they take of their environments. Good environments are always to be sought for, and everyone should try to improve them for the purpose of leading a happy life.

NOISE AND ITS EFFECTS ON HUMAN SYSTEM

By

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In recent years the medical profession has realised the importance of noise as a contributing factor for undermining the physical well being. We are indebted to a number of medical men for their works on this subject.

TEAL classifies this subject admirably. He defines noise as a sound which is confused, discordant and disturbing. It may be a result of single or many component frequencies having no relation with one another. A distinction between noise and sound cannot be made. For the intensity of a sound, a scale which we shall call "*Bel*" is preferable. Various noises have been classified according to this unit of measurement, as under:—

115	Decibel	An Aeroplane motor.
110	,,	Steel plate hammered by 4 men.
105	,,	A fast moving express train.
100	,,	Loud motor horn.
80	,,	Police whistle.
80	,,	Loud radio music.
80	,,	Loud peal of thunder.
60	,,	Ordinary Conversation.
40	,,	Centre of New York in a quiet night.
35	,,	Loud Fan.
30	,,	Ticking of a watch.
10	,,	Rustle of leaves.

Physiological Effects of Noise.— These can be discussed under five heads. 1. Impairment of hearing. 2. Loss of working efficiency. 3. Change of intracranial pressure. 4. Disordered digestion. 5. Fatigue.

1. *Deafness*:—Vibrations have a more injurious effect on the hearing mechanism. One scientist placed white mice in a factory where steel bars were hammered. One cage was placed on the floor. Another was suspended from the ceiling. After 160 hours the former group showed distinctive changes in the Basilar membrane. After 700 hours degeneration of cochlea was observed. After 2000 hours the nerve fibres of the upper convolutions had disappeared. The mice from the suspended cage showed no change.

Another scientist exposed giunea pigs to the continuous ringing of an electric bell. No damage to the organs of hearing was observed even

after 60 days. When these vibrations were transmitted through the tin floor of the cage the animals lost weight and two died after 14 days.

That the same phenomena occur in human subjects is shown by the occurrence of occupational deafness. Of 75 smiths tested by KEYSER only 39 p. c. had normal hearing. 40 p.c. were deaf. HOLT found normal hearing in only 4 p.c. out of 40 coppersmiths. 9 out of 100 boiler makers were deaf. In weavers deafness was found in 24 p.c. 45 p.c. of engine drivers and firemen were deaf. After 20 years of service this percentage

heap in the presence of various types of noise. Reduction in speed was seen. Accuracy was not affected. In telegraph companies the reduction of noise served to remove errors. Same thing happened in typists.

3. *Intra cranial pressure* :—An abrupt rise in intra cranial pressure follows a sharp loud report. Pulse rate increases. Blood Pressure rises. This is shown by FOSTER KENEDY.

4. *Digestion* :—SMITH has shown that a noise of 60 decibels decreases gastric peristalsis, decreases flow of gastric juice, cuts down secretion of saliva by 44 p.c.

Music as distinguished from noise can tone the nerves and give a general feeling of well-being to the hearers.

rose to 52 p.c. In train despatchers 52 p.c. were reported deaf.

Apart from deafness from long continuous and excessive noise, sudden noise of high intensity produced deafness. Artillery men and forge operators come in this category.

2. *Working efficiency* :—When defenders were worn by men working in looms the output of work was slightly more. Some men were given the task of sorting letters from a confused

5. *Fatigue* :—It is common experience that a sound of loud intensity produces irritability and is annoying. It produces a sense of fatigue. It does not produce disease. It certainly produces functional weakness, disability, exhaustion according to the kind of noise, mental and constitutional make up of the hearer, the state of health at the time of exposure. This though not a disease certainly opens the door to disease.

TULSI PLANT

BY DR. P. N. KANWAR, M.B., B.S.,
Medical Officer, Nila, Dist., Jhelum.

TULSI plant, or Holy Basil, an aromatic plant, —Botanical name—*Occymum Sanctum* belonging to the same family as *Occymum Basillicum* (Sweet Basil, Niazbo) of the natural order *Labiatae*, is a renowned one and is wellknown practically to every Hindu child for its sacredness. It has been given a very high place in Hindu mythology and is dedicated to God Vishnu. The Hindu religious books give various stories as to how this plant came to occupy such a sacredness, which it has not been able to shed even after ages. But now it is grown only in temples as a relic of old customs. Our forefathers had enjoined us that no house should be without this plant. Really this plant attained a religious place simply for the fact that it is one of the most useful plants for medicinal purposes. The ancient Hindu sages knew its properties. But now its popularity is decreasing and, though very commonly known, my excuse today for writing about this plant is that like so many other Hindu customs and uses which were based on very sound medical principles *e.g.* early morning walk, early bathing, morning prayer and *Surya Namaskar* etc., about which many useful articles have appeared in '*Health*', this plant is not being used and I want to draw the attention of the readers to its virtues.

Tulsi plant is sown usually in the months of March to June, flowering in September and October and seeds ripen in the winter season. It is thus seen that it is available practically throughout the year. The plant attains a height of 2—3 feet. It has a sweet, pleasant odour and a slightly pungent taste. All the parts of the plant—leaves, seeds, roots and stalks are used in medicine as a prophylactic as well as curative. Root is febrifuge; seeds are mucilaginous and demulcent; dried plant is stomachic and expectorant; leaves contain an essential oil—yellowish green in colour —which, if kept for a time, crystallises and is known as Basi-camphor. Tulsi is anti-malarial and anti-mosquito. It can be used without danger for all ages—infants to aged persons.

To give a few of the uses :—

I. **Prophylactic.**—1. A few tulsi leaves chewed daily act as prophylactic against all kinds of fevers—toxic and infective,especially malaria. That is why amongst the Hindu worshippers of God Vishnu, the custom is for the "*pujari*" to give tulsi leaf in the holy water as '*Charnamrat*' early in the morning.

2. Wherever this plant is grown, mosquitoes and other like arthropoda keep away from its fragrance—so much so, it is said that even snakes keep away. Its aroma purifies the surrounding air. Even the Western doctors have found this as the cheapest weapon against malaria. The proof can best be given from the following quotation I read in the '*Economic Advertiser*' of March 1938. It is mentioned there that in 1905, Sir George Birdwood wrote to the *London Times*, "When the Victoria Gardens and Albert Museum were established in Bombay, the men employed in the works were at first pestered by mosquitoes and suffered from malaria. On the recommendation of the Hindu manager, the whole boundary of gardens was planted with Holy Basil, on which the plague of mosquitoes at once abated and fever altogether

disappeared". Personally, I always try to sleep in the mosquito-season, with Holy Basil pots near my bed and I never had the necessity of using a mosquito-net or Quinine.

II. **Curative.**—1. *Fevers*:—A few leaves of tulsi rubbed together with a few seeds of black pepper (Philphil Siyah—Kali mirch) taken in summer or leaves and pepper seeds boiled together and taken in winter cures malaria and other infectious fevers. It is said that under proper medical treatment, tulsi even cures cases of tuberculosis. It can also be given in pill form—by rubbing thoroughly for 40 hours, 1 tola black pepper in juice of tulsi leaves and making the resultant into pills, the size of pepper, 1-3 pills taken thrice daily for all kinds of fevers.

2. *Pneumonia*: 8—10 leaves boiled with about 45 grains (3 masas) black pepper and given 3—4 times a day; also, tulsi leaves, black-pepper and Maida Sak (a kind of medicinal wood) rubbed together, especially in cow's urine, and made into paste, is applied locally for its anti-phlogistic effect.

3. Dried leaves powdered and used as snuff in *ozaena*.

4. Leaf juice poured into ear is a quick home-remedy for *earache.*

5. Infusion of leaves may be used in *gastric* and *hepatic disorders* of children. Fresh juice mixed with a little powder of cardamom checks all kinds of vomiting. In infants, for vomiting or diarrhoea or acute bronchitis, juice of 4—5 leaves in a little honey is supposed to be an excellent home remedy.

6. *Colds and coughs*:—Decoction of leaves with sugar and a little cow's milk is a good substitute for tea and may be taken to remove fatigue and avoid cold and cough. For whooping cough a good prescription is:—

Manjar of Tulsi	...	½ tola.
Bach	...	½ ,,
Pipal {Philphil Droz. or ,, Dar. or Maghan.}	...	½ ,,
Mulathi	...	½ ,,
Sugar	...	2½ ,,

The above is boiled in ½ seer of water till decoction is reduced to ⅛ seer. One teaspoonful is given to children 5—6 times a day.

7. *Night Blindness*:—Tulsi leaves rubbed in a few drops of Triphla water (water of Harar, Amla, Bahera) and dropped into the eye, cures it.

8. *Skin Troubles*:—Leaves mixed with lime juice cure the trouble. It removes black spots of face and increases beauty. This mixture or tulsi oil is useful for boils, carbuncles, itch, and it is used as a dressing for ulcers of all kinds, even syphilitic. For leucoderma, first rub hard the white patches with some cloth and then apply the essential oil or leaf-juice; also take a few leaves internally.

The oil is extracted as follows:—Powder all parts of the plant—root, stalk, leaves, flowers and seeds. To one seer of such powder add half seer of water and half seer of sweet oil (Til oil). Cook the whole mixture on a slow fire till the whole of the water is dried up. The remaining oil is Tulsi oil *i. e.* essential oil of tulsi mixed in sweet oil.

9. It is supposed to be a certain cure for *snake bite*. A few leaves may be taken immediately after the bite, or root of tulsi (or leaf) 2 tolas rubbed with 1 tola black pepper in a little water given internally. It will bring consciousness also. Locally, at the site of the bite, apply a paste of root in butter. The colour of the paste would change after applying from white to black owing to the poison; as soon as this happens, change the paste and repeat process till the colour remains white.

Besides all these, tulsi is also useful in generative troubles of both sexes. In females, it is useful in puerperal fever and increasing the lochia. In males, seeds thicken semen and increase potency. For this purpose, it is used as powder of tulsi seeds 18 grains in 36 grains of old molasses (old gur) to be taken morning and evening with fresh cow's milk. Root of tulsi taken with betel leaves is a good remedy for night pollutions.

Thus, it would be seen that its uses are so multifarious, that it is no wonder the Hindu sages, who were also the doctors of that age, gave it such a high sacred place. Modern research workers should pay attention to this plant and try to prepare standard preparations from all parts of this plant. Till then, no house should be without this invaluable plant.

GOOD TEETH MEAN GOOD HEALTH

BY Dr. D. A. GANGOLLI, L.C.P.S. (BOM.), *Bhayndar.*

It is hard to convince many people in this country that good teeth mean good health and that dental ills do not always remain confined to ills inside the mouth.

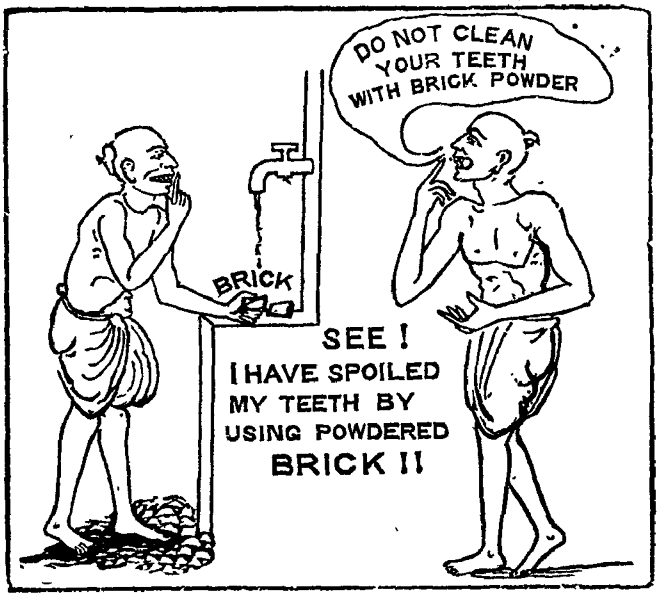
It is no exaggeration to say that ninety percent of the people have very bad teeth yet they do not think that their teeth require any more care than their finger nails.

Though dentistry is a recent innovation in this country, more and more dentists are being trained and sent out by the various dental schools and colleges and they are now to be seen settling up in most of the urban areas; but they have not yet done much to enlighten the public about the dental hygiene. The result is very few people are tooth-conscious and seldom visit a dentist. Though teeth trouble are very common, people bear the agonising pain. with a wonderful equanimity thinking that the toothache is a matter of course and is only the result of a changing weather or a catching of cold.

Whenever I peer into the mouths of my patients, I invariably find in nine out of ten cases either a caries, a cavity or pyorrhoea alveolaris to give a clue to most of the vague complaints which the patients make. Dental cavities start usually in the small fissures in the enamel of the teeth which are hard to be detected or kept clean with a tooth brush. Food particles lodge in these crevices which form an excellent breeding ground for the micro-organisms which destroy the tooth enamel and reach the soft dentine below. Unless such teeth are carefully and early attended to by the dentists, they are likely to do incalculable harm and give rise to severe suffering to their owners. In pyorrhoea the pus from the sockets of the teeth constantly passing into the alimentary canal and into the blood stream gives rise to various complaints such as dyspepsia, appendicitis, neuritis, arthritis, eye troubles, sinusitis and even insanity. It is known that cancer of the tongue is due to constant irritation caused by dental caries.

If the sad state of the nation's teeth is to be remedied, tooth consciousness should be aroused among the people even while they are still young, and to this end regular medical inspections of school children should be carried out at least twice a year with special reference to their teeth and all the painful, irregular and carious

teeth should be promptly attended to. Where the teeth trouble is due to defective food or other constitutional diseases such as rickets, the facts should be brought to the notice of the childrens' guardians and proper instructions regarding diet with due regard to their vitamin constituents and other general line of treatment appropriate to the causative factors should be given. The regular habit of cleaning the teeth with a tooth-brush twice a day—once early in the morning and again while retiring to bed at night—should be encouraged among the children. The age-old Indian method of cleaning the teeth with neem or babool sticks or home-made dentifrices consisting of specially prepared ash or mixtures containing chalk, myrrh, cloves, peppermint etc., cannot be said to be entirely satisfactory as they cannot clean all the surfaces of the teeth especially those in between the teeth as well as a tooth-brush.



Finally, one word more on this subject. Lack of financial backing has impeded dental progress in this country. Though there are any number of charitable hospitals and institutions controlled by government, philanthropic individuals and associations to cater free medical aid to the poor and the necessitous, there is not a single dental clinic where the poor can have their teeth examined and obtain proper advice and treatment free of charge. When ever a cavity is to be filled up with metal or porcelain or an artificial denture to be fixed up, people have perforce to go to private dentists where the cost of such treatment is necessarily high. A layman looks askance at the dentist's bill and thinks that such prohibitive treatment is not only unnecessary but even as a superfluous luxury beyond the financial scope of the poor.

The Japanese Dietary

"Rice is the staple food of Japan. Cooked in one form or another, it is served at every meal. Barley and beans are much used. Fish is eaten freely throughout the Empire. When possible fresh fish is eaten, but dried fish is used also in every household.

Vegetables and fruits in Japan are about the same as those that we are in the habit of raising, and of these the Japanese eat freely, both in the natural and in the cooked state.

Light eating is the rule in Japan. An American or an Englishman is not likely to be satisfied with native Japanese meals until long practice has taught him the benefit of eating lightly. It is noteworthy that Japanese men and women who do heavy manual labour. and who have to carry the noon-day meal with them, do not eat heartily at the end of the morning's work. A little bit of cooked rice, some fruit, or something equally light, is eaten at noon, followed by a heartier meal at night after the day's toil is over."—*Physical Training for Children by Japanese Method*—by H. IRVING HANCOCK.

Gleanings from Clinics Alround

By

P. P. Saradhi, B.A., B.L.,

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Bread of today contains not enough of vitamin B_1 to satisfy the demands of the body. Because of that, the average diet of today contains only about two-fifths of the vitamin B_1 content.

Result—want of intestinal muscular tone.

Moral—avoid mill-ground wheat.

***

Wholemeal Bread contains 6.4 per cent more non-nutritious ingredients (water, cellulose and minerals while white bread contains 6.6 per cent or more of the nutritious ingredients (protein, starch, sugar and dextrine). Choose the latter.

***

Treatment for Hysteria.—Influence or remove the symptoms by suggestions, show him a patient with a powerless limb as not paralysed; make a speechless patient utter some *sound.* After preliminary treatment send the patient home under escort; when confusion, loss of memory occur, rest, warmth, hot drinks with plenty of sugar or a dose of bromide will be needed. (Report of the Conference convened by the Government in July last).

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Perfect Teeth.—DR. ALVAREZ, M.D., makes it plain that D vitamin deficiency affects the strength of teeth, that sugar is bad, that the Eskimœs have the finest teeth in the world because they live on fish and meat and take no milk or orange. The primitive people had good teeth because they subsisted on eggs, raw insects, locusts and flies.

In Russia, Dental service is part of a unified system. There are free dental clinics. By 1939, the State employed 6500 dentists.

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Prevention of Blindness.—The Prevention of Blindness Committee (London) has issued a report on blindness in India and it is a revelation to us that *there is no country in the world today* where the affliction of blindness is so widespread as in India, and the ratio of blindness to population is so high.

The totally blind are computed at one and a half millions, the partially blind at three millions. To our shame it is also pointed out how so little is being done by the State, by public bodies, by voluntary associations, and by private philanthropy to prevent blindness or alleviate the lot of the blind.

The report indulges in some theorisings as to the cause for their apathy:

(1) Fatalism regarding all physical afflictions as acts of God.

(2) The family and caste systems which limit the outlook and prevent the growth of a civic sense.

(3) Only one tenth of the population are literate.

(4) Nine tenths of the population live in scattered villages and hamlets remote from the amenities of civilised life.

The account thus given is fairly just and accurate. There is no question of alarm due to congenital blind-

ness. Preventable indeed are the causes of blindness. It is criminal that India does not tackle the problem strenuously.

Let it be noted that as per Public Health Commissioner's report of last August, the number of the blind in India as per 1931 census, was about 600,000, but probably this figure is a gross under estimate. The main causes of blindness are :

(1) In children, keratomalacia, ophthalmia neonatorum, congenital syphilis and hereditary blinding diseases ;

(2) In adults, cataract, various optic nerve diseases (mainly syphilitic), ulcers of the cornea, glaucoma and trachoma ;

(3) In children and adults, irritant remedies and smallpox. The Nutritional Research shows that the first cause is due to certain deficiencies in the diet. The preventive needs are : (1) Expansion of the rural medical services and, supply of *expert medical instruction* in schools and colleges. (2) Extension of maternity and child welfare centres in rural areas.

In this connection, it is better that the people are made to know the conclusions of Dr. BATES. He points out that defective vision is not due to permanent changes in the shape of the eye, but to mental strain. This latter gives rise to the physical strain upon the eyes, then muscles and nerves, which in turn causes the eye ball to change its contour.

(2) A highly nervous temperament is the cause of most cases of serious visual deficiency, so are over-work, worry, fear and anxiety.

(3) The treatment is systematic eye exercise to relieve the condition of mental strain.

(4) Relaxation, cultivation of poise, self control and emotional relaxation are remedies.

(5) Vitamin A supplies necessary nutrient principle and efficiency in adaptability to changing intensities of light.

(6) Its deficiency affects retina, changes the cornea and affects vision.

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The Stamina of Germans.—The assertion in German propaganda that Germans are tough, strong and exuberantly healthy is ridiculed by the Editors of *Time* (American).

It is stated that Germany's state of public health is like that of a country in the last throes of a war of attrition.

The official statistics of the Reich report of health show increase of disease since 1933 :

	1933.	1938.
Infantile paralysis ...	1,318	5,757.
Contagious dysentery	2,865	5,265.
Meningitis ...	617	1,826.
Scarlet fever ...	79,830	114,243.
Diphtheria ...	77,340	149,429.

The lowered disease resistance of Germany is due to poor nutrition, over crowding and want of sufficient doctors, fewer mid-wives, more food-poisoning, removal of efficient Jewish physicians and over work.

Most amazing is the disclosure that 75% of male population, at one time or another, have had some form of venereal disease.

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Nerves and Blood-Pressure — Dr. R. A. YOUNG points out that nervous factors are for the most part automatic and are brought into play by pressure changes in the heart and in the vessels, that changes in blood pressure can, by similar reflex paths in these same nerves, influence the rate of respiration, a fall of blood pressure stimulating respiration.

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Oxidation in the Body.—To the earnest student of science, oxidation (supply of oxygen) is not merely of fundamental interest but it is extremely complex. How does it occur

without affecting temperature, osmotic pressure and other changes and conditions? Dr. Carl Oppenheimer discusses the subject in the work (biological oxidisation) and points to existence of rival theories in the matter. Vitamins play their part in the mechanism.

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Life and Living.—Rouviere (Paris) in "*Anatomia Generate*" declares differentiation of tissues or organs is usually in advance of the special functions which each tissue or organ will at a later stage of development be destined to perform. The facts established by F. W. Jones in "*Life and Living*" lead to inferences quite the contrary to those of Rouviere. For, he would have it, that there is no such anticipation for or preparation for a future function. On the other hand as environment changes, anatomical alterations occur. Even heredity does not guarantee us against misfits' purposeless struggle, though there is perpetual re-adaptations in Nature's Scheme. So organs are found and shaped according to the pressure of environment. The issue is so important that the cure of man for disease and prolongation of life hinge upon that.

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The Fight against Malaria.—In Rio, Brazil's gay capital, Town Planning Schemes are ever in operation. Robert Moore in the *Geographical Magazine* gives an excellent account of it. But what is more significant is the fact that systematic devises are adopted to stamp out recrudescence of epidemics. Yellow fever workers comb the city, systematically searching for mosquitoes and for places where they breed. To keep a clean city clean is easier than to try to clean it up should an epidemic strike. Inoculation has advanced. In one year a million persons were inoculated against jungle fever. The vaccine is prepared from partially incubated eggs. They are needled with fever virus, the tiny hole is sealed with paraffin and the embryo allowed to develop for a few more days. The chick tissues are then dried and converted into vaccine, the virus having lost its dangerous properties to become a mildly reacting safe immunizer.

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Operation for Brain Tumour.—It is no more to be dreaded. It is as safe as a stomach operation. America is rightly proud of her surgeon H. W. Cushing, who perfected the technique after 28 years of single handed devotion and manipulation. He is acclaimed as the greatest neurologist. His seventieth birthday was celebrated last year and he was presented with the bibliography of all his writings.

He was a first class sportsman and gymnast. He entered into the field of neurology under the inspiration of the Swiss surgeon, Theodore Kocher. His contribution to surgery was the most remarkable in this field of removal of tumours. The writer in '*Time*' says, "he lived for medicine". As professor of Surgery at Harthard and head of Brigham hospital, his labours were phenomenal. It is said he used to perform 4 or 5 operations in a week each taking several hours. After operation he would retire to the dressing room and dictate all his surgical notes and make his own sketches for the hospital records.

In 20 years Dr. Cushing collected about 2000 brain tumours which were preserved in bottles. The pituitary tumours form "the most remarkable neurological collection". After strenuous work during War, he suffered from inflammation of nerve trunks and wasting away of the soles and palms. But after the Armistice, he regained control. He retired in 1937. His hobbies are: backgammon, play with his grandchildren. He hates "social affairs".

Exercise—The Way To Radiant Health

By Lgr. S. Natarajan, *Weight Lifter, Coimbatore.*

(Contd from p. 90 of Apr. '40 issue of Health.'.)

HAVING practised the five exercises, outlined and described in the last issue of '*Health*', let us come to the second lesson which begins here. All these exercises should be practised in the morning and that too in a well-ventilated room, *as they incorporate breathing movements.*

6. Strength of the legs is an important factor. So I have to stress much on the development of the legs and calf. Stand erect with arms on the hips. Then rise up and down while standing on toes. Do this rising up and down movement till the muscles ache. *While doing this exercise, see that you always stand on toes. This exercise will reduce the ankles and produce shapely calf by improving the 'Soleus calf.'*

7. Lie on the ground with face facing upwards with the legs thrown straight and the feet joined, clasp the hands behind the head. *Then fixing up yourself firmly, raise the back of your body and sit up until head almost touches the thighs.* While so doing, see that the legs are firm and the hands are clasped. Repeat this movement till you become tired. This is also a wonderful movement for the abdominal region and will remove all superfluous flesh from that part. *This will improve the functioning of " Obliques Externes-Abdominis ". As a result of this, proper digestion will take place.*

8. As regards the development of the neck, I have to say a few words. The development of the neck is most important, simply because the personality of a man is judged from its very appearance. *That a person with a remarkably signifying power always gets what he wants, may be emphasised only when we see the neck of a man.* We have an atmosphere around us. It cannot be seen. But it can be felt. *Some call it personality, others call it magnetism.* But anyway, a strong and well-developed neck is necessary. Sit on a chair with head bent to the right and then to the left. Repeat this movement till you become tired. *The muscles of the neck* viz., *" Sternocleidemastoide" etc., may be improved.*

9. Stand erect with legs straight and feet stretched to 40°. Slowly raise the arms sideways and then overhead. As soon as the arms are overhead, slap your hands. Then slowly bring the hands down. Repeat this movement till you become tired. *This exercise will improve the shoulder muscles, the " Deltoids, Trapezius, Lattisimusclorsi, Seratus-Magnus, and the side muscles. Further, it improves the chest muscles.* Consequently, a harmonious system in the functioning of the body is maintained.

10. Stand erect with arms on the hips. Raise right leg forward as high as possible, while keeping the back stiff. Then bring it backwards as far as possible. The knee shoulder be kept stiff throughout the entire movement. Do the same with the left leg. *This is an excellent exercise for the front of the thighs and of the rear of the hips.*

11. Lie on floor, face downward. Place hands on floor at each side of chest. Keep the body rigid. Then push up until the arms are straightened. Repeat this movement till you are tired. *This is a splendid movement for the back of the arms and the muscles of the chest.*

12. Stand erect with legs straight and feet stretched to 40°. Raise both

arms overhead and grasp fingers. Keep arms stiff and reach upward as far as possible. Then while reaching upward, bend slowly as far as possible to the right and then to the left. Repeat this bending exercise till you become tired. *This movement is a fine one for the sides of the waist. As a result of this, the "Lattismus Dorsi" and the "Seratus Magnus", can be improved.*

13. Stand erect with legs straight and feet stretched to 40°. Stretch the arms sideways and close the fists. Then rotate the hands slowly and vigorously first in one direction and then in another direction. Continue this movement till the muscles ache. *This is an excellent movement for the muscles of the forearms.*

14. Stand erect with feet stretched 40°. Expand chest and clasp hands behind the hips. Keeping the arms straight, relax and repeat. This shortens the muscles of the upper back. Thereby it straightens any tendency or aptness to round shoulders and at the same time, it expands the chest. *This can be otherwise called, "Breathing exercise." A deep chest with bulging "pectoralis major and minor", will be the consequence of this exercise. The Manthram, "Om!" in "Pranayam", which is performed 16 times, according to Swamy Sachidhananda Yogi of Kadappa, also comes under this category. Hence it should be practised by everybody who strives for real health.*

15. Stand erect with feet stretched to 40°. Close the fists and place both hands in front of the chest. Then push both hands forward slowly and vigorously, imagining that they are pushing against a heavy resistance. Repeat this movement. *This exercises the upper arms. The "Deltoids" and the "Biceps" and "Triceps" may be improved.*

16. Lie on back on the floor. Stretch the legs. Sit up until the hands touch the ankles. If necessary place the toes under a heavy object, so that the legs might be firm and stiff. *This is an excellent exercise for the abdominal region.* Repeat this movement till you become tired.

17. Stand erect with feet stretched to 40°. Raise the arms forward to the height of shoulders. While keeping the arms stiff, bring the hands backward vigorously at shoulder-height. Practise this movement till you become tired. *This exercise will expand the chest and straighten the back.*

18. While sitting on a chair, bend the head backwards as far as possible. Continue this movement till the muscles ache. *This movement will reduce the fatty tissues from the front of the neck and give this part of the body a more pleasing appearance, about which, I have already mentioned.*

19. Lie on back on the floor. Extend both arms sideways and rest them on the floor. Then, while keeping legs stiff, bring both feet to the left, then overhead, then to the right and then back to the original position. Repeat the movement till you become tired. *This is a vigorous movement for the whole abdominal region.*

20. Lie on the floor with legs thrown straight and the hands thrown by the side of the body. *Concentrate your mind over the Almighty.* Slowly breathe in and out. Let the muscles loose or relax. Continue this position for ten minutes. This is a remarkable position for relaxation of muscles, for, if the muscles are not properly relaxed, they will be found wanting in power of resistance and they cannot withstand heavy pressure. *Hence we find, relaxation with proper massage is necessary.*

BREAST VERSUS BOTTLE

BY EDWARD McCORWICK, M.D.,

These remarks will read as rank heresy to most, but the views expressed which would seem to disparage breast feeding are not meant to apply to every mother who has a baby. They are meant to be a help to a certain class of woman and to assist her out of a difficulty into which she is certain to fall if she persists in feeding her baby under circumstances which are all against her.

The class referred to comprises most mothers who come under the heading of "upper working class," "lower middle class" and some of the the "middle class," It is a most unwise thing to do to classify and segregate the women of this land in such a manner. Accusations of "class snobbery" will be forthcoming at once, and yet in no other way can these words be directed towards those whom they are intended to benefit.

These women are deserving of the highest praise, if they succeed in carrying out what should be the perfectly normal function of breast feeding. Unfortunately, under circumstances existing at the present day, this is often impossible. I have the fullest admiration and regard for the woman who, after her baby has been born, returns from the nursing home where everything was done for her, and where she was waited on hand and foot, to attend to all the details of looking after her baby and, in addition, to the arduous task of keeping her house in order. Looking after the baby itself is a 24-hour job. Besides feeding it, she has to dress it, attend to the almost interminable soaking, washing, and drying of "nappies." As well as this, she has to keep her house clean, cook breakfast and prepare an evening meal for her husband, also a mid-day meal for herself, and in her spare time does some washing, mending and ironing.

If any man were to attempt this herculean task, he would have to give up in a very few days. And yet women are doing all these things continuously, and while it must be admitted that some of them manage to perform their tasks successfully, yet many fail to do so.

Any change in a baby's diet constitutes a shock to its digestion, and as it is unlikely that mothers who have all these duties to perform will be able to successfully feed their children for the full nine months, it woold surely be better for them to begin as they mean to continue.

Breast feeding is ideal for the mother who can devote nine months out of her life entirely and solely to the business of supplying sustenance to her child. For this to be adequately performed the mother must have the requisite help in the house, a nurse who will attend to the infant, to live a quiet and secluded life, free from worry.

This Utopia is in most cases impossible. The average middle class woman is, through lack of money, unfortunately, unable to attain this state of bliss and perfection.. She is thrust into motherhood with the onerous task of looking after what seems to her a very small and fragile little baby. This responsibility is, in itself, a tremendous strain on her nervous system. Coupled with the added work of the house, the poor mother soon becomes totally unfit for the duty of supplying food for her child.

The drain on her health will soon

sap her resources, and if she carries on with the attempt it will slowly but surely cause great damage to her health. The solution lies in an early recognition of the facts, and the advocating of feeding by artificial foods.

Advantages of Breast Feeding.— In the first instance it would be better if we were to enunciate the undoubted advantages of breast feeding, in order to show that we are not wholly insensible to all the good that it entails.

The advantage which appeals most to the mother in breast-feeding, is the ease with which it is carried out; there is no sterilising of bottles, no preparing of feeds and no heating the milk to the right temperature. At six o'clock on a cold winter morning this is of great appeal. Also there can be no doubt as to the cleanliness and sterility of the milk; this is done by nature automatically.

The actual preparation of artificial feeds takes longer and is more troublesome, whereas if the baby is breast-fed the mother will not be nearly so rushed or harassed. Cheapness is another element which enters into the calculations of many mothers. The undoubted lack of expense is a large factor in helping a mother to decide in favour of breast-feeding.

It must also be admitted, however, that in certain rare diseases, the infant mortality rate is higher in bottle-fed infants than in breast-fed babies. It is very essential in conditions such as congenital hypertrophic stenosis of the duodenum, that the infant should be fed from the mother. If it is nourished in this manner it stands a much better chance of survival.

An infant born into the lower classes is put to the breast at irregular intervals, and for irregular periods. Despite this, and many other obstacles, these infants are of hardy stock and thrive in a most miraculous manner. In fact, breast-feeding for babies of this class is an actual advantage. How else would the food be delivered to the infant clean and sterile, as it is often difficult for mothers of this type to understand and carry out the fundamental facts of sterilisation. Added to which the mothers of this class are, as a whole, more able to fulfil their natural function, having a nervous system less affected by the exigencies of the present day.

And finally many women experience great physical satisfaction and pleasure during the feeding of their babies. After the mother has finished with it all, at the end of six or nine months, she feels that she has accomplished something.

Disadvantages of Breast Feeding. —We have now to deal with the disadvantages of breast-feeding from the maternal side. The breast is not the faultless factory for infant food that theorists would have us believe. Some women are physically incapable of feeding an infant. Their nipples may be deficient in its secretion of milk. And some women who have normal nipples and breasts, and an adequacy of secretion, yet cannot feed the child as the milk does not agree with the baby's digestion. These are disadvantages over which we have little or no control.

Breast Abscess.—There is a greater evil which can and does occur in women who are feeding, and this is the formation of an abscess in the breast. This is appearing with ever-increasing incidence. It is a condition which causes more trouble, pain, anxiety and depression to a mother than any other complication of the lactational period. The reason for its increasing frequency is not clear as yet.

We know that it will not occur as frequently in the latter period of lactation, but is more prone to appear

in the first few weeks. It is rare after the third month. It will occur in breasts which are to all external appearances healthy. It does not always appear in cases which develop cracked nipples, where the infection has a ready means of entry. Rather would it seem to be a metabolic change, for the explanation of which we will have to seek further. There is no condition which is more protracted and fraught with delay than a breast abscess. At the first sign of its occurring, feeding should be stopped, the tension on the breast relieved by dehydrating the body, prohibiting fluids, administering magnesium sulphate and instituting local treatment such as heat and poultices.

Mental and Psychological Changes in a Nursing Mother.—So much for the physical troubles. Now let us turn to some of the psychological changes which may occur. A woman after parturition is a most sensitive being. She develops peculiar little jealousies, she harbours small injuries and unintentional slights in her mind, magnifying them into major issues. In some cases, where the woman is feeding her baby, this sensitivity becomes much more marked and the mental equilibrium is upset. If this is not checked, the mother may pass into the state of puerperal insanity, or as it should be called, "lactational insanity."

This condition will clear up provided breast-feeding is stopped at once. If persisted in, then the mental balance of the mother will have great difficulty in regaining normal. Though some cases take years to return to normal, recovery, though tardy, is the rule.

More Minor Disadvantages.—Other pitfalls may crop up to worry a nursing mother. She has to be extremely careful of what she eats and drinks, because the dietetic indiscretions of the mother are visited on the child. Similarly, if a mother becomes constipated during the period of lactation, she must exercise the greatest care in administering a purgative to herself. The child's bowels are much more easily upset than her own.

Artificial Foods.—Artificial foods have to-day reached such a state of perfection that they seldom give any trouble, and we find that they agree with the digestions of the majority of infants. It must be admitted, however, in all fairness, that they do not suit every child; but then neither does breast milk. I have found that there are fewer dietetic troubles in artificially fed infants than in those which are breast-fed.

In artificial feeding the rate at which a feed is taken by the baby can be watched and regulated. If a feed is taken too quickly then a different teat can be substituted and vice versa. And for babies who have the power of sucking poorly developed, a teat with a large hole will circumvent that difficulty. Vitamins can be easily added and though the vitamins of a mother cannot be duplicated, yet they can be substituted with just as good results.

Immunity to Disease.—Added to these facts there is the knowledge in the mother's mind that she is conferring upon her child some incomparable benefit by supplying it with the vitamins that are so necessary for its proper development. And also that in this way it has some indefinable property imparted to it which will protect it during its future life from contracting infectious diseases. Even if the mother has only fed the child for a short period, she is still supposed to have imbued it with this wonderful "elixir," which is supposed to keep it free from infection.

In my opinion, and from my experience, it is immaterial whether a child has been breast-fed or bottle-fed

when the question of infectious disease arises. If there happens to be an epidemic in the school where the child is, the disease will spread amongst the pupils irrespective of whether they have been artificially fed or nurtured from mother's breast.

With the state of perfection of artifical foods such as exists at the present day, no mother need have any doubt or fear in her mind that she is doing the best for her baby in giving it a patent food, or even a modified milk mixture. "A fortiori" is this the case now that we have the country in the state of strife. How much more is the wailing of the Air Raid siren and bursting of bombs going to affect the very finely balanced and easily upset nursing mother ?

"To your professed bosoms I commit him ;
But, yet, alas, stood I within his grace,
I would prefer him to a better place."

King Lear. Act I, Sc. 2.—*Medical World.*

Topics from Medical and Health Periodicals

Tobacco and Vitamins

MODERN life is marked by many swift changes in thought as well as in action. Opinions and views alter with a speed as bewildering as do feminine styles of adornment and make-up. While doctors have always differed widely from one another, radical changes of opinion in the medical world have of late become almost startling in their swiftness and accommodation. For instance, according to *The Times*, an eminent medical man in Tokyo tells us "that nicotine is good for the system because it acts on it in the same way as vitamins."

Such an amazing right-about-face attitude on the subject of tobacco leads us to question the sincerity of the conclusion. If medical men the world over should take this astonishing change of veiw seriously, tobacco dividends might well rise enormously. But if most doctors view with mild indifference the moderate use of "the weed," it is hardly conceivable that an appreciable number would subscribe to the latest opinion of this Tokyo medico that smoking is the royal road to health.—*Good Health* (*Lon.*)

Voice Patient and Voice Physician

THE voice physician can do for the singer all that he can do for any other patient but the requirement goes beyond that and demands an understanding of the problems peculiar to the vocalist's life and work. Since prevention is the watchword in modern medicine, the physician who works with singers and speakers must lay down for each of his patients an outline or plan, a " design for living" which shall meet all the daily exigencies in the life of the artist-patient. Personal supervision must be given to each and every singer as to diet, exercise, work, play, environment, habits and all other details essential to the carrying on of a successful career. The relationship of doctor and patient becomes,therefore, a very intimate one, and calls for confidence of each in the other's ability and willingness to cooperate to the fullest extent. This is a rather new phase of medical practice, and is not as yet fully understood in its practice, and is not as yet fully understood in its larger aspect either by patient or doctor.—*The Eye, Ear, Nose and Throat Monthly*, Mar. '40.

Eat Less and Sleep More

THE physiological reason for taking food is to rebuild the tissues worn out by muscular and mental movement. All day long, in work and in play, in thought and in feeling, we are tearing down the millions of cells of which our bodies are composed. Then sleep comes, and with gentle, noiseless fingers, she patiently "knits up the ravelled sleave of care" again, asking only for time and materials with which to work. While it is true that every moment of the day, old cells are being replaced by new ones, it is equally true that this work of re-creation goes forward with the greatest rapidity during the hours of restful sleep. Should our slumber time be curtailed, therefore, the building materials handed to Nature will not be sufficiently utilized, repair will be retarded and the unused food will be thrown away. As you cannot grind the corn with the water that has passed, so you can only build to-night with the food you eat to-day. The French have a proverb, "He who sleeps, eats." and certainly he who gives Nature time in the silent hours of night to perform her daily miracle of re-charging the life-forces and rebuilding the worn tissues, makes the most use of the food he has consumed.

One cause of sleeplessness is the accumulation of waste acids in the system. To counteract this, a salad meal, neutralizing these acids, should form part of the daily fare, and will generally ensure sound sleep during the night, and steady nerves during the day.

The art of relaxation should also be carefully cultivated, seeing that it is in the moments of nervous strain and tension that acids are most rapidly generated; so, finally, let us eat less and relax more.—*Good Health* (*Lond.*)

A Great Living Health Reformer

IF he lives until July 26th, George Bernard Shaw, the grand old man of letters, will be eighty-five. .

When Shaw was a very young man, his father said to him, "My son, I'm afraid I'm a failure. Take me as your guide. Whatever I've done, don't do".

This set the struggling writer thinking. He noticed the things his father did—that he was not careful what he ate or when he ate; that he ate large quantities of meat; that he smoked all day and drank alcohol; and that he took no form of exercise.

"Come to analyse it," said Shaw to himself, "most men have the same habits as my father; and most men are failures. A complete change of habits might produce success. Anyway, it's worth trying."

So, from that day, Shaw ate no meat and not only did he give up alcohol but he also gave up tea and coffee. He did not smoke. He took all the exercise he could manage. He found that this regime suited him. His body gained perfect health, and his brain became clearer and more brilliant every day.

He ascribes his success to his training. As a boy, he says he had no "brilliancy," "wit" or "genius". Any person who chooses to go through the same mill as he has will achieve something worth while.—*Good Health* (*Lond.*)

Pulmonary Tuberculosis in Syphilitic Patients

PULMONARY tuberculosis in syphilitic patients does not respond as favorably to sanatorium treatment as does the disease in non-syphilitic patients but the course of syphilis in the tuberculous patient does not appear to differ from the course of the disease in the non-tuberculous—Warring, F. C., *Amer. Rev. of Tuber.*, Aug., 1939.—*Illinois Med. Journal.*

How Much Should Doctors Tell Patients?

"I am sure that it is a mistake," writes Grenville Kleiser in the March issue of *Health Culture* (American), "for doctors to discuss disease overmuch with their patients. Meaning only to warn them, they often, I feel convinced, unconsciously engender fear by using such expressions as, You look pale and worn. Be careful of your heart, You are underweight, At fifty you begin to go downhill.

"Once these cautions are lodged in the mind of a nervous or self-centred subject, they may start real illness through suggestion. I have heard that a large percentage of medical students discover in themselves all sorts of ailments as they become more and more familiar with the symptoms of various diseases. The layman is often similarly affected by reading the lists of symptoms set forth in patent medicine advertisements,"—*Good Health* (*Lond.*)

Water as Healer and Health Promoter

Water is a valuable aid in the cure of skin disease and the promotion of health. By its means the skin can be stimulated into action, and that will result in increased elimination. The dry friction rub followed by a rub-down with a cold wet towel is, perhaps, the best method of invigorating and stimulating the skin into activity, and it is a form of bathing which everyone can take, whether possessing a bathroom or not.

There are many things that the sufferer from skin trouble should not do, if he desires to get well. He should avoid every habit of living which is enervating. Enervating habits result in lowered nerve-force, and that causes impaired digestion and checked elimination, with systemic toxæmia as the sum-total. Over-eating, the use of devitalized foods, and the use of alcohol and tobacco, should be avoided by the sufferer from skin disease, as they should by anyone who desires good health. It cannot be too strongly pointed out that the proper treatment for skin trouble is, first, to rid the body completely of its toxic over load, which is the basic cause of the disease, and second, to correct all causes of enervation. The first of these things is accomplished by the fast and diet; the second is obtained by correcting all habits of living which waste one's nervous energies, and by instituting a mode of living which makes for health.—*Health for All.*

Smallpox in the Second Century

Captain Arthur Maude writes:—One of the severest epidemics spread by the movement of large bodies of troops began in A. D. 166 and has escaped the notice of modern historians: Gibbon does not mention it, but five ancient writers noted it—Julius Capitolinus Eutropius, Ammianus Marcellinus, Orosius, and Galen. In the year 166, a Roman army of 5 legions under Avidius Cassius which had been engaged for five years in Syria and Babylonia, captured the Parthian city of Seleucia, on the Tigris, close to Otesiphon. While sacking the city, a soldier opened a gold coffer in the temple of Apollo, according to Capitolinus; according to Marcellinus, he opened a narrow hole leading to a deep gulf; in either case there was a focus of infection which spread through the army. The army returned to Europe under Verus, co-emperor with Marcus Aurelius, and settled at a base near Acquileia on the Adriatic. They carried the infection with them and many, including Verus himself, died. For some reason the son of Marcus Aurelius, the future Emperor Commodos, aged five, was sent up from

Rome to army headquarters, and Galen was ordered to attend him, when he sickened; the child recovered. Galen has left the only, meagre, description of the symptoms. "Pustules appear on the body, accompanied by inward heat and putrid breath, with hoarseness and cough. If the imposthumes broke there was a chance of the patient's life, if not he was certain to die. Diarrhoea set in and was the surest token of death." Terse as it is this description can only be that of small pox. The epidemic spread over the whole of Italy as far as Rnine and into Gaul, attacking all ranks of society, with a very high mortality. Eutropius says that more than half the population died and almost all the troops, while the war against the Marcomanni in Germany was prolonged for three years from the difficulty in finding recruits. The accounts of wholesale funerals in carts and wagons recall those of Defoe.—*Lancet.*

Hurried vs. Real Life

A HURRIED life is a wasted one—and life is too precious to throw away in merely getting through a list of activities. Real life is weaving, stitch by stitch, a beautiful pattern; whoever could imagine that being done helter-skelter and breathlessly against Time?

The "making time" business is not so fantastically impossible as it sounds. It is usually a matter of cutting away and weeding out things that don't count—or, rather, of cutting out some so that the rest will count. Aren't there a hundred-and-one little trivial interests, or so-called interests, that you will try to cram into life. They give you very little satisfaction, probably no pleasure, and they only serve to choke the worth-while affairs which deserve leisurely attention.—*Eastern Evening News.*—*I. D. J.*

Effect of Flying on the Ear

FLYING has no significant effect on the external ear, but the middle and inner ear are the source of a great amount of difficulty. The magnitude of the ear problem in aviation may be judged from the fact that pilots suffer more frequently from occupational disturbances of this organ than from all other occupational diseases combined and that it is the most frequent cause of discomfort among passengers on commercial air lines. The conditions of flight which most affect the ear are changes of atmospheric pressure during ascent and descent, noise, and possible vibration. At the present time the former is increasing in importance as a result of the increased climbing ability of modern aircraft, while the two latter conditions are decreasing in importance as a result of recent advances in aircraft design. — Armstrong, Harry G.: '*Principles and Practice of Aviation Medicine*'. Baltimore, Williams and Wilkins Company, 1939.—*J. A. M. A.*

A Day's Sport

A Man's hobby must be something which his soul loves. Nor is its value measured only by the hours spent in its indulgence since no small part of its benefit comes from pleasurable anticipation of joys to come or happy memories of past triumphs. Such relaxations afford relief to restless brains at unexpected times. How often have I gone to bed with a mind jaded and sleepless from medical worries, when pleasant thoughts of a day's sport have wiped the slate clean and sent me into sound sleep.—Smith, Lewis, in '*Doctors in Shirt Sleeves*', edited by Sir Henry Bashford, Lond., Kegan Paul, Trench. Trubner & Co., Ltd., '39.—*J.A.M.A.*

Health Tit-Bits

Where to get Health

"HEALTH does not come out of a bottle......does not depend on drugs, but on the mode of life."

* * *

Of Potatoes

"SOME women", said SIR JOHN BOYD, "are afraid to eat potatoes because they think they are fattening. This is perfect nonsense. One pound of bread and butter is more fattening than four pounds of potatoes."—*Good Health (Lond.)*

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Appendix

MANY a man has put himself out of action for two months or more in order to have his appendix removed, when all he needed was a little more time in which to digest his meals.—*Sir George Schuster, M.P.—G. H.*

* * *

Remove Blood Stains from Cloth

WHILE the blood stains are still fresh on the working apron or the napkins, soak cotton with Hydrogen Peroxide and apply over the stains rubbing over them at the same time. This will effectively remove the blood stains.—*I. D. Review.*

* * *

Value of Nuts

NUTS are especially rich in tissue, and bone-building elements, and can therefore be recommended for growing children.

In cases of diabetes, nuts are preferable to gluten products because of their negligible starch content.—*Health for All.*

Chronic Cough in Children

CHRONIC or persistent cough in children in which no etiologic factor can be found, frequently responds to a series of X-ray treatments directed to the hilus regions. —*Mississippi Valley M. J.*

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Ailments and Shoes

MANY ailments, like headaches, backaches, indigestion, and internal derangements may be caused by unsuitable shoes and be cured when the shoes are corrected.—*Boot and Shoes Research Association.—Good Health.*

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The Strenuous Life

I WISH to preach, not the doctrine of ignoble ease, but the doctrine of the strenuous life, the life of toil and effort, of labor and strife: to preach that highest form of success which comes, not to the man who desires more peace, but to the man who does not shrink at danger, from hardships or from bitter toil, and who out of these wins the splendid ultimate triumph.—Theodore Roosevelt.—*The Journal of the American Medical Association:* Feb. 24, 1940.

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When Man Bites Dog

EVERYONE knows about the dangers associated with a dog's bite. That is, of course, the man's view point and what he thinks of the dog. If however the dog were to be consulted about what would happen to him if man were to bite him, he will have a different story to tell. According to the expert opinion of the dental research scholars in Rochester, N. Y. the average dog's mouth is far more safe than a man's as the latter contains more virulent and septic bacteria in his mouth than the former. Moral: A decent dog wouldn't like to be bitten by a man.—*Indian Dental Review.*